

# USDA National Nutrient Database for Standard ReferenceRelease 28

## Nutrients: Riboflavin (mg)

Food Subset: Abridged List  
Ordered by: Nutrient Content  
Measured by: 100 g  
Report Run at: April 11, 2016 22:14 EDT

NDB_No	Description	Riboflavin(mg) Value Per
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	3.59
11982	Peppers, pasilla, dried	3.20
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	2.29
01115	Whey, sweet, dried	2.21
08156	Cereals ready-to-eat, rice, puffed, fortified	1.80
01144	Egg substitute, powder	1.76
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	1.73
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	1.72
01093	Milk, dry, nonfat, calcium reduced	1.64
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	1.60
01094	Milk, buttermilk, dried	1.58
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	1.55
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	1.53
07014	Braunschweiger (a liver sausage), pork	1.52
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	1.52
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	1.50
09129	Grapes, muscadine, raw	1.50
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	1.49
14630	Beverages, Energy drink, ROCKSTAR, sugar free	1.42
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	1.40
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	1.39
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	1.39
14218	Beverages, coffee, instant, decaffeinated, powder	1.36
02041	Spices, tarragon, dried	1.34
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	1.33
14632	Beverages, Meal supplement drink, canned, peanut flavor	1.30
08106	Cereals, CREAM OF WHEAT, instant, dry	1.21
11634	Peppers, sweet, green, freeze-dried	1.20
12063	Nuts, almonds, dry roasted, without salt added	1.20

NDB_No	Description	Riboflavin(mg) Value Per
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	1.13
08177	Cereals, MALT-O-MEAL, chocolate, dry	1.12
07911	Liverwurst spread	1.03
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	0.99
14058	Beverages, Whey protein powder isolate	0.99
05020	Chicken, broilers or fryers, giblets, raw	0.99
14366	Beverages, tea, instant, unsweetened, powder	0.98
15207	Fish, roe, mixed species, cooked, dry heat	0.95
12695	Nuts, almond butter, plain, with salt added	0.94
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	0.90
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	0.85
01019	Cheese, feta	0.84
20317	Corn flour, yellow, masa, enriched	0.80
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	0.80
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	0.80
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	0.77
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	0.77
08677	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry	0.77
16509	LOMA LINDA Linketts, canned, unprepared	0.70
18230	Crackers, standard snack-type, sandwich, with cheese filling	0.68
19010	Snacks, crisped rice bar, chocolate chip	0.60
01061	Cheese, American, nonfat or fat free	0.54
20105	Macaroni, vegetable, enriched, dry	0.52
01127	Egg, yolk, raw, frozen, sugared, pasteurized	0.52
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	0.51
20083	Wheat flour, white, bread, enriched	0.51
09173	Longans, dried	0.50
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	0.50
01128	Egg, whole, cooked, fried	0.50
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	0.49
18086	Cake, angelfood, commercially prepared	0.49
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	0.49
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	0.49
01007	Cheese, camembert	0.49
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	0.48
06957	Gravy, brown instant, dry	0.47

NDB_No	Description	Riboflavin(mg) Value Per
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	0.47
18236	Cracker meal	0.47
10115	Pork, fresh, variety meats and by-products, pancreas, raw	0.46
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0.46
17341	Game meat, elk, round, separable lean only, cooked, broiled	0.46
01123	Egg, whole, raw, fresh	0.46
18927	Crackers, cheese, sandwich-type with cheese filling	0.46
18229	Crackers, standard snack-type, regular	0.46
02022	Spices, mace, ground	0.45
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	0.45
01161	Cheese substitute, mozzarella	0.44
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	0.44
18507	KELLOGG'S EGGO Lowfat Blueberry Nutri-Grain Waffles	0.44
01124	Egg, white, raw, fresh	0.44
20093	Pasta, fresh-refrigerated, plain, as purchased	0.44
18010	Biscuits, plain or buttermilk, dry mix	0.44
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	0.43
19408	Snacks, pork skins, barbecue-flavor	0.43
01048	Cheese spread, pasteurized process, American	0.43
06080	Soup, chicken broth or bouillon, dry	0.43
01009	Cheese, cheddar	0.43
18233	Crackers, wheat, sandwich, with cheese filling	0.43
15219	Fish, trout, mixed species, cooked, dry heat	0.42
02004	Spices, bay leaf	0.42
18243	Croutons, seasoned	0.42
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	0.42
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	0.42
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	0.42
01095	Milk, canned, condensed, sweetened	0.42
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	0.42
12022	Seeds, safflower seed meal, partially defatted	0.41
18081	Bread stuffing, bread, dry mix	0.40
11243	Mushrooms, portabella, grilled	0.40
20120	Pasta, dry, enriched	0.40
02042	Spices, thyme, dried	0.40
18224	Crackers, rusk toast	0.40

NDB_No	Description	Riboflavin(mg) Value Per
20095	Pasta, fresh-refrigerated, spinach, as purchased	0.40
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	0.40
18043	Bread, protein (includes gluten)	0.39
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	0.39
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	0.39
01131	Egg, whole, cooked, poached	0.39
20325	Cornmeal, white, self-rising, degermed, enriched	0.39
01130	Egg, whole, cooked, omelet	0.39
01004	Cheese, blue	0.38
06128	Soup, chicken noodle, dry, mix	0.38
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	0.38
18615	MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry	0.38
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	0.38
02005	Spices, caraway seed	0.38
18385	Bread, wheat germ, toasted	0.38
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	0.37
18030	Bread, french or vienna, toasted (includes sourdough)	0.37
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	0.37
21014	Fast foods, croissant, with egg, cheese, and sausage	0.37
21023	Fast foods, french toast with butter	0.37
10973	Pork, ground, 96% lean / 4% fat, raw	0.37
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	0.37
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	0.36
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	0.36
01046	Cheese food, pasteurized process, American, vitamin D fortified	0.36
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	0.36
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	0.36
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	0.36
01032	Cheese, parmesan, grated	0.36
21002	Fast foods, biscuit, with egg	0.36
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	0.36
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	0.36
01109	Milk, sheep, fluid	0.36
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	0.36
08037	Cereals ready-to-eat, granola, homemade	0.35
01029	Cheese, mozzarella, low moisture, part-skim	0.35

NDB_No	Description	Riboflavin(mg) Value Per
14063	Beverages, chocolate powder, no sugar added	0.35
21006	Fast foods, biscuit with egg and steak	0.35
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	0.35
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	0.35
18084	Bread stuffing, cornbread, dry mix	0.35
18037	Bread, oat bran	0.35
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	0.34
18007	Bagels, oat bran	0.34
18214	Crackers, cheese, regular	0.34
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	0.34
18070	Bread, white, commercially prepared, toasted	0.34
07913	Salami, pork, beef, less sodium	0.34
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	0.34
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	0.34
18060	Bread, rye	0.34
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	0.34
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	0.33
07926	Salami, Italian, pork	0.33
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	0.33
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	0.33
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	0.33
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	0.33
18041	Bread, pita, white, enriched	0.33
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.33
18241	Croissants, cheese	0.32
01035	Cheese, provolone	0.32
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	0.32
01030	Cheese, muenster	0.32
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	0.32
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	0.32
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	0.32
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	0.32
17339	Game meat, elk, ground, cooked, pan-broiled	0.32
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	0.32
02023	Spices, marjoram, dried	0.32
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	0.32

NDB_No	Description	Riboflavin(mg) Value Per
18192	Cookies, shortbread, commercially prepared, plain	0.31
09353	Blueberries, wild, canned, heavy syrup, drained	0.31
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.31
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	0.31
18260	English muffins, mixed-grain (includes granola)	0.31
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	0.31
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	0.31
19007	Snacks, corn-based, extruded, onion-flavor	0.31
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	0.31
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	0.31
18972	Bread, cheese	0.30
01040	Cheese, swiss	0.30
18973	Focaccia, Italian flatbread, plain	0.30
06017	Soup, chicken gumbo, canned, condensed	0.30
11563	Tree fern, cooked, without salt	0.30
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	0.30
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	0.30
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	0.30
02045	Dill weed, fresh	0.30
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	0.30
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	0.30
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	0.29
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	0.29
18234	Crackers, wheat, sandwich, with peanut butter filling	0.29
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	0.29
18009	Biscuits, plain or buttermilk, frozen, baked	0.29
18199	Cookies, chocolate sandwich, with creme filling, special dietary	0.29
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	0.29
02002	Spices, anise seed	0.29
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	0.29
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	0.29
18057	Bread, reduced-calorie, white	0.29
18066	Bread, wheat bran	0.29
07921	Bacon and beef sticks	0.28
12039	Seeds, sunflower seed kernels, toasted, without salt	0.28
18221	Crackers, melba toast, rye (includes pumpernickel)	0.28

NDB_No	Description	Riboflavin(mg) Value Per
01026	Cheese, mozzarella, whole milk	0.28
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	0.28
12038	Seeds, sunflower seed kernels, oil roasted, without salt	0.28
18051	Bread, reduced-calorie, oatmeal	0.28
21415	POPEYES, biscuit	0.28
01044	Cheese, pasteurized process, swiss	0.28
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	0.27
18126	Cake, shortcake, biscuit-type, prepared from recipe	0.27
18242	Croutons, plain	0.27
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	0.27
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	0.27
17278	Veal, shank (fore and hind), separable lean only, raw	0.27
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	0.27
18975	KASHI, TLC, Original 7-Grain Crackers	0.27
18986	AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type	0.27
18989	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type, reduced fat	0.27
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	0.27
12033	Seeds, sesame flour, low-fat	0.27
18032	Bread, irish soda, prepared from recipe	0.27
18133	Cake, sponge, commercially prepared	0.27
17276	Veal, shank (fore and hind), separable lean and fat, raw	0.27
18157	Cookies, chocolate wafers	0.27
19268	Candies, dark chocolate coated coffee beans	0.27
11211	Edamame, frozen, unprepared	0.26
18621	NABISCO, NABISCO RITZ Crackers	0.26
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	0.26
18177	Cookies, molasses	0.26
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	0.26
18190	Cookies, peanut butter sandwich, regular	0.26
18244	Danish pastry, cinnamon, enriched	0.26
21005	Fast Foods, biscuit, with egg and sausage	0.26
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	0.26
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	0.26
02024	Spices, mustard seed, ground	0.26
11203	Cress, garden, raw	0.26
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	0.26

NDB_No	Description	Riboflavin(mg) Value Per
18245	Danish pastry, cheese	0.26
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese	0.26
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.26
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	0.26
18967	Bread, white wheat	0.26
18064	Bread, wheat	0.25
01015	Cheese, cottage, lowfat, 2% milkfat	0.25
11029	Beans, kidney, mature seeds, sprouted, raw	0.25
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	0.25
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	0.25
19138	Candies, truffles, prepared-from-recipe	0.25
21110	Fast foods, hamburger; double, regular, patty; plain	0.25
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	0.25
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	0.25
18295	Pancakes, buckwheat, dry mix, incomplete	0.25
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	0.25
07001	Barbecue loaf, pork, beef	0.25
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	0.25
17331	Game meat, bison, ground, cooked, pan-broiled	0.25
15227	Crustaceans, crab, queen, cooked, moist heat	0.24
18210	Cookies, vanilla sandwich with creme filling	0.24
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	0.24
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.24
18239	Croissants, butter	0.24
18969	Cream puff, eclair, custard or cream filled, iced	0.24
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	0.24
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.24
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.24
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	0.24
18025	Bread, cracked-wheat	0.24
18617	NABISCO, NABISCO GRAHAMS Crackers	0.24
18961	Crackers, cream, GAMESA SABROSAS	0.24
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	0.24
18166	Cookies, chocolate sandwich, with creme filling, regular	0.24
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	0.24
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	0.24



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17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	0.24
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.24
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	0.24
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	0.24
18040	Bread, oatmeal, toasted	0.24
01042	Cheese, pasteurized process, American, fortified with vitamin D	0.23
07955	Turkey sausage, fresh, raw	0.23
15039	Fish, herring, Atlantic, raw	0.23
15171	Mollusks, oyster, Pacific, raw	0.23
18146	Cake, yellow, prepared from recipe without frosting	0.23
18112	Cake, pudding-type, german chocolate, dry mix	0.23
01017	Cheese, cream	0.23
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	0.23
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0.23
18178	Cookies, oatmeal, commercially prepared, regular	0.23
18535	ARCHWAY Home Style Cookies, Molasses	0.23
18609	KEEBLER, Vanilla Wafers	0.23
18955	Bread, pan dulce, sweet yeast bread	0.23
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	0.23
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	0.23
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	0.23
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	0.23
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	0.23
01167	Cheese, mexican, queso chihuahua	0.22
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	0.22
18966	Crackers, saltines, whole wheat (includes multi-grain)	0.22
05160	Squab, (pigeon), meat and skin, raw	0.22
05190	Turkey, all classes, back, meat and skin, cooked, roasted	0.22
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	0.22
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	0.22
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	0.22
18227	Crackers, rye, wafers, seasoned	0.22
01110	Milk shakes, thick chocolate	0.22
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	0.22
11086	Beet greens, raw	0.22
16001	Beans, adzuki, mature seeds, raw	0.22

NDB_No	Description	Riboflavin(mg) Value Per
18193	Cookies, shortbread, commercially prepared, pecan	0.22
15211	Fish, salmon, chum, cooked, dry heat	0.22
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	0.22
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	0.22
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.22
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	0.22
20124	Pasta, whole-wheat, dry	0.22
18170	Cookies, fig bars	0.22
11239	Mushrooms, Chanterelle, raw	0.22
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	0.21
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	0.21
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	0.21
18101	Cake, chocolate, prepared from recipe without frosting	0.21
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	0.21
15048	Fish, mackerel, jack, canned, drained solids	0.21
18200	Cookies, oatmeal, commercially prepared, special dietary	0.21
05024	Chicken, gizzard, all classes, cooked, simmered	0.21
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	0.21
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	0.21
15164	Mollusks, mussel, blue, raw	0.21
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.21
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.21
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	0.21
18017	Biscuits, mixed grain, refrigerated dough	0.21
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	0.21
18185	Cookies, peanut butter, commercially prepared, regular	0.21
15214	Fish, seatrout, mixed species, cooked, dry heat	0.21
18304	Pie, banana cream, prepared from recipe	0.21
05220	Turkey, breast, from whole bird, meat only, roasted	0.20
19182	Desserts, mousse, chocolate, prepared-from-recipe	0.20
15168	Mollusks, oyster, eastern, cooked, breaded and fried	0.20
15260	Fish, salmon, pink, canned, drained solids	0.20
18088	Cake, angelfood, dry mix, prepared	0.20
20314	Corn grain, white	0.20
20320	Cornmeal, whole-grain, white	0.20
02015	Spices, curry powder	0.20

NDB_No	Description	Riboflavin(mg) Value Per
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	0.20
15043	Fish, herring, Pacific, raw	0.20
19086	Candies, confectioner's coating, peanut butter	0.20
21013	Fast foods, croissant, with egg, cheese, and ham	0.20
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	0.20
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	0.20
11526	Taro, tahitian, cooked, without salt	0.20
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	0.20
16390	Peanuts, all types, dry-roasted, without salt	0.20
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	0.20
01036	Cheese, ricotta, whole milk	0.20
01049	Cream, fluid, half and half	0.19
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	0.19
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	0.19
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	0.19
16014	Beans, black, mature seeds, raw	0.19
18147	Cheesecake commercially prepared	0.19
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	0.19
11232	Jute, potherb, cooked, boiled, drained, without salt	0.19
16040	Beans, pink, mature seeds, raw	0.19
18163	Cookies, chocolate chip, refrigerated dough	0.19
01050	Cream, fluid, light (coffee cream or table cream)	0.19
01057	Eggnog	0.19
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	0.19
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	0.19
18095	Cake, cherry fudge with chocolate frosting	0.19
18154	Cookies, brownies, prepared from recipe	0.19
18532	ARCHWAY Home Style Cookies, Iced Molasses	0.19
11457	Spinach, raw	0.19
01053	Cream, fluid, heavy whipping	0.19
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	0.19
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	0.19
21404	McDONALD'S, Premium Grilled Chicken Club Sandwich	0.19
01037	Cheese, ricotta, part skim milk	0.18
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	0.18
18963	Garlic bread, frozen	0.18

NDB_No	Description	Riboflavin(mg) Value Per
19414	Snacks, rice cakes, brown rice, multigrain	0.18
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	0.18
19193	Puddings, rice, ready-to-eat	0.18
05693	Chicken, broiler, rotisserie, BBQ, back meat only	0.18
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	0.18
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	0.18
18544	ARCHWAY Home Style Cookies, Raspberry Filled	0.18
18954	Bread, pound cake type, pan de torta salvadoran	0.18
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	0.18
07939	Frankfurter, pork	0.18
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	0.18
07967	Pork sausage, link/patty, fully cooked, unheated	0.18
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	0.18
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	0.18
14054	Beverages, almond milk, chocolate, ready-to-drink	0.18
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	0.18
09214	Orange juice, frozen concentrate, unsweetened, undiluted	0.18
11201	Cowpeas, leafy tips, raw	0.18
11450	Soybeans, green, raw	0.18
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	0.18
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	0.18
18940	Muffin, blueberry, commercially prepared, low-fat	0.18
07002	Beerwurst, beer salami, pork and beef	0.17
07929	Sausage, turkey, hot, smoked	0.17
07931	Beerwurst, pork and beef	0.17
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0.17
15190	Fish, burbot, cooked, dry heat	0.17
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	0.17
02021	Spices, ginger, ground	0.17
07925	Pastrami, beef, 98% fat-free	0.17
07965	Pork sausage, link/patty, reduced fat, unprepared	0.17
15051	Fish, mackerel, spanish, raw	0.17
18527	ARCHWAY Home Style Cookies, Date Filled Oatmeal	0.17
19125	Chocolate-flavored hazelnut spread	0.17
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	0.17
01056	Cream, sour, cultured	0.17

NDB_No	Description	Riboflavin(mg) Value Per
12097	Nuts, chestnuts, european, raw, unpeeled	0.17
18128	Cake, snack cakes, creme-filled, sponge	0.17
18075	Bread, whole-wheat, commercially prepared	0.17
07924	Bratwurst, pork, beef and turkey, lite, smoked	0.17
07928	Sausage, chicken, beef, pork, skinless, smoked	0.17
18184	Cookies, oatmeal, prepared from recipe, with raisins	0.17
01016	Cheese, cottage, lowfat, 1% milkfat	0.16
18186	Cookies, peanut butter, commercially prepared, soft-type	0.16
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	0.16
05053	Chicken, broilers or fryers, back, meat only, raw	0.16
14067	Beverages, Protein powder soy based	0.16
18240	Croissants, apple	0.16
01012	Cheese, cottage, creamed, large or small curd	0.16
01058	Sour dressing, non-butterfat, cultured, filled cream-type	0.16
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	0.16
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	0.16
01078	Milk, producer, fluid, 3.7% milkfat	0.16
07917	Sausage, pork and beef, with cheddar cheese, smoked	0.16
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.16
19248	Candies, HERSHEY'S, ALMOND JOY BITES	0.16
15014	Fish, cisco, smoked	0.16
15082	Fish, salmon, coho, wild, cooked, moist heat	0.16
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	0.16
07971	Bologna, meat and poultry	0.16
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.16
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	0.16
01031	Cheese, neufchatel	0.16
11316	Peas, mature seeds, sprouted, raw	0.16
11451	Soybeans, green, cooked, boiled, drained, without salt	0.16
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	0.16
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.15
16394	Peanuts, valencia, oil-roasted, without salt	0.15
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	0.15
02043	Spices, turmeric, ground	0.15
07937	Bologna, pork, turkey and beef	0.15
08610	Cereals ready-to-eat, KASHI Honey Sunshine	0.15

NDB_No	Description	Riboflavin(mg) Value Per
12013	Seeds, lotus seeds, dried	0.15
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	0.15
18202	Cookies, sugar wafer, with creme filling, sugar free	0.15
18533	ARCHWAY Home Style Cookies, Iced Oatmeal	0.15
21003	Fast foods, biscuit, with egg and bacon	0.15
01055	Cream, sour, reduced fat, cultured	0.15
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	0.15
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	0.15
12084	Nuts, butternuts, dried	0.15
18182	Cookies, oatmeal, refrigerated dough	0.15
18183	Cookies, oatmeal, refrigerated dough, baked	0.15
18201	Cookies, peanut butter sandwich, special dietary	0.15
19021	Snacks, granola bars, soft, uncoated, peanut butter	0.15
18232	Crackers, wheat, regular	0.15
05664	Ground turkey, fat free, patties, broiled	0.14
05738	Turkey, drumstick, from whole bird, meat only, raw	0.14
11191	Cowpeas (blackeyes), immature seeds, raw	0.14
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	0.14
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	0.14
01013	Cheese, cottage, creamed, with fruit	0.14
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	0.14
09085	Currants, zante, dried	0.14
14628	Beverages, Energy drink, AMP, sugar free	0.14
19031	Snacks, oriental mix, rice-based	0.14
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	0.14
18055	Bread, reduced-calorie, wheat	0.14
11012	Asparagus, cooked, boiled, drained	0.14
15041	Fish, herring, Atlantic, pickled	0.14
15199	Fish, lingcod, cooked, dry heat	0.14
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	0.14
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.14
11004	Amaranth leaves, cooked, boiled, drained, without salt	0.13
11553	Tomato products, canned, sauce, with onions	0.13
07952	Bologna, chicken, turkey, pork	0.13
11304	Peas, green, raw	0.13
08100	Cereals, CREAM OF RICE, dry	0.13

NDB_No	Description	Riboflavin(mg) Value Per
09231	Passion-fruit, (granadilla), purple, raw	0.13
11233	Kale, raw	0.13
18107	Coffeecake, cinnamon with crumb topping, dry mix	0.13
18614	MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry	0.13
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	0.13
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	0.13
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	0.13
11096	Broccoli raab, raw	0.13
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	0.13
01052	Cream, fluid, light whipping	0.12
07914	Sausage, Italian, sweet, links	0.12
20132	Oat flour, partially debranned	0.12
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	0.12
12095	Nuts, chestnuts, chinese, boiled and steamed	0.12
20112	Noodles, egg, spinach, enriched, cooked	0.12
15213	Fish, scup, cooked, dry heat	0.12
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	0.12
19260	Ice creams, vanilla, light, no sugar added	0.12
21417	POPEYES, Mild Chicken Strips, analyzed 2006	0.12
07950	Frankfurter, meat	0.12
11048	Beans, pinto, immature seeds, frozen, unprepared	0.12
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	0.12
16018	Beans, black turtle, mature seeds, canned	0.12
17270	Veal, breast, separable fat, cooked	0.12
18168	Cookies, chocolate sandwich, with extra creme filling	0.12
18209	Cookies, sugar wafers with creme filling, regular	0.12
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	0.12
19042	Snacks, potato chips, barbecue-flavor	0.12
19144	Candies, NESTLE, 100 GRAND Bar	0.12
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0.12
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	0.12
05048	Chicken, broilers or fryers, back, meat and skin, raw	0.12
19415	Snacks, potato sticks	0.12
19437	Snacks, potato chips, fat free, salted	0.12
06930	Sauce, cheese, ready-to-serve	0.11
07944	Turkey, white, rotisserie, deli cut	0.11

NDB_No	Description	Riboflavin(mg) Value Per
20130	Barley flour or meal	0.11
12120	Nuts, hazelnuts or filberts	0.11
05152	Guinea hen, meat only, raw	0.11
11235	Kale, frozen, unprepared	0.11
11427	Purslane, raw	0.11
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	0.11
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	0.11
11163	Collards, frozen, chopped, unprepared	0.11
11215	Garlic, raw	0.11
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	0.11
18196	Cookies, brownies, dry mix, sugar free	0.11
15241	Fish, trout, rainbow, farmed, cooked, dry heat	0.11
17284	Lamb, Australian, imported, fresh, separable fat, raw	0.11
10102	Pork, fresh, variety meats and by-products, feet, raw	0.11
11364	Potatoes, baked, skin, without salt	0.11
11459	Spinach, canned, regular pack, solids and liquids	0.11
11875	Sweet potato, cooked, baked in skin, flesh, with salt	0.11
18319	Pie, fried pies, fruit	0.11
11280	Okra, frozen, unprepared	0.10
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	0.10
19413	Snacks, rice cakes, brown rice, corn	0.10
11019	Asparagus, frozen, cooked, boiled, drained, without salt	0.10
19052	Snacks, rice cakes, brown rice, buckwheat	0.10
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	0.10
11965	Cauliflower, green, raw	0.10
12114	Nuts, coconut meat, dried (desiccated), toasted	0.10
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	0.10
16426	Tofu, raw, firm, prepared with calcium sulfate	0.10
05105	Chicken, broilers or fryers, wing, meat only, raw	0.10
07938	Ham, honey, smoked, cooked	0.10
11015	Asparagus, canned, drained solids	0.10
11284	Onions, dehydrated flakes	0.10
11302	Peas, edible-podded, frozen, unprepared	0.10
12108	Nuts, coconut meat, dried (desiccated), not sweetened	0.10
15013	Fish, cisco, raw	0.10
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	0.10



<b>NDB_No</b>	<b>Description</b>	<b>Riboflavin(mg) Value Per</b>
07957	Pork and turkey sausage, pre-cooked	0.10
11200	Yardlong bean, cooked, boiled, drained, without salt	0.10
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	0.10
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	0.10
04028	Salad dressing, mayonnaise, imitation, milk cream	0.10
07936	Bologna, pork and turkey, lite	0.10
11559	Tomato products, canned, sauce, with tomato tidbits	0.10
15189	Fish, bluefish, cooked, dry heat	0.10
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	0.10
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	0.10
11092	Broccoli, frozen, chopped, unprepared	0.10
11281	Okra, frozen, cooked, boiled, drained, without salt	0.10
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	0.10
02050	Vanilla extract	0.10
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	0.10
19913	Candies, NESTLE, BUTTERFINGER Crisp	0.09
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	0.09
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	0.09
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	0.09
05039	Chicken, broilers or fryers, light meat, meat only, raw	0.09
11372	Potatoes, scalloped, home-prepared with butter	0.09
18085	Bread stuffing, cornbread, dry mix, prepared	0.09
11574	Turnip greens, frozen, unprepared	0.09
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	0.09
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	0.09
09216	Orange peel, raw	0.09
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	0.09
11098	Brussels sprouts, raw	0.09
11428	Purslane, cooked, boiled, drained, without salt	0.09
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	0.09
18994	BEAR NAKED, Fruit & Nut Cookies	0.09
19098	Candies, 5TH AVENUE Candy Bar	0.09
20409	Noodles, egg, dry, unenriched	0.09
11013	Asparagus, canned, regular pack, solids and liquids	0.09
01076	Milk substitutes, fluid, with lauric acid oil	0.09
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	0.09

NDB_No	Description	Riboflavin(mg) Value Per
11959	Arugula, raw	0.09
15194	Fish, mahimahi, cooked, dry heat	0.08
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	0.08
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	0.08
11447	Sesbania flower, raw	0.08
11300	Peas, edible-podded, raw	0.08
11547	Tomato products, canned, puree, without salt added	0.08
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	0.08
11888	Tomato products, canned, puree, with salt added	0.08
15005	Fish, bluefish, raw	0.08
15134	Fish, wolffish, Atlantic, raw	0.08
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	0.08
18974	KASHI, TLC, Honey Sesame Crackers	0.08
20090	Rice flour, brown	0.08
15017	Fish, cod, Atlantic, canned, solids and liquid	0.08
15124	Fish, tuna, white, canned in oil, drained solids	0.08
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	0.08
11540	Tomato juice, canned, with salt added	0.08
11886	Tomato juice, canned, without salt added	0.08
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	0.08
15063	Fish, pike, northern, cooked, dry heat	0.08
11039	Lima beans, immature seeds, frozen, baby, unprepared	0.08
11213	Endive, raw	0.08
19234	Puddings, tapioca, ready-to-eat, fat free	0.08
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	0.07
11620	Drumstick pods, raw	0.07
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	0.07
18105	Coffeecake, creme-filled with chocolate frosting	0.07
19235	Puddings, chocolate, ready-to-eat, fat free	0.07
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	0.07
11569	Turnip greens, cooked, boiled, drained, without salt	0.07
19183	Puddings, chocolate, ready-to-eat	0.07
11026	Bamboo shoots, raw	0.07
11144	Celery, cooked, boiled, drained, without salt	0.07
19076	Candies, caramels, chocolate-flavor roll	0.07
06015	Soup, chicken, canned, chunky, ready-to-serve	0.07

NDB_No	Description	Riboflavin(mg) Value Per
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	0.07
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	0.07
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	0.07
18944	Pie, Dutch Apple, Commercially Prepared	0.07
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	0.07
01054	Cream, whipped, cream topping, pressurized	0.06
09164	Litchis, raw	0.06
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	0.06
15245	Mollusks, oyster, eastern, farmed, raw	0.06
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	0.06
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	0.06
06956	Soup, tomato, canned, condensed, reduced sodium	0.06
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	0.06
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	0.06
15111	Fish, swordfish, cooked, dry heat	0.06
15261	Fish, tilapia, raw	0.06
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	0.06
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	0.06
19069	Candies, NESTLE, BUTTERFINGER Bar	0.06
20106	Macaroni, vegetable, enriched, cooked	0.06
20648	Sorghum flour, whole-grain	0.06
09061	Carissa, (natal-plum), raw	0.06
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	0.06
11006	Arrowhead, cooked, boiled, drained, without salt	0.06
19058	Snacks, tortilla chips, ranch-flavor	0.06
20420	Pasta, dry, unenriched	0.06
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	0.06
05047	Chicken, broilers or fryers, separable fat, raw	0.06
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	0.06
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	0.06
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	0.06
11105	Burdock root, cooked, boiled, drained, without salt	0.06
11124	Carrots, raw	0.06
19142	Candies, MOUNDS Candy Bar	0.06
19436	Popcorn, sugar syrup/caramel, fat-free	0.06
02025	Spices, nutmeg, ground	0.06

NDB_No	Description	Riboflavin(mg) Value Per
09131	Grapes, american type (slip skin), raw	0.06
15033	Fish, haddock, raw	0.06
15058	Fish, ocean perch, Atlantic, cooked, dry heat	0.06
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	0.06
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	0.06
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	0.06
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	0.06
11531	Tomatoes, red, ripe, canned, packed in tomato juice	0.06
09277	Plantains, raw	0.05
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	0.05
11453	Soybeans, mature seeds, sprouted, cooked, steamed	0.05
06049	Soup, pea, green, canned, condensed	0.05
09055	Blueberries, frozen, sweetened	0.05
09278	Plantains, cooked	0.05
15225	Fish, yellowtail, mixed species, cooked, dry heat	0.05
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	0.05
01185	Parmesan cheese topping, fat free	0.05
09083	Currants, european black, raw	0.05
09084	Currants, red and white, raw	0.05
09089	Figs, raw	0.05
09205	Oranges, raw, with peel	0.05
11119	Cabbage, chinese (pe-tsai), raw	0.05
19423	Snacks, potato chips, fat-free, made with olestra	0.05
19903	Chocolate, dark, 60-69% cacao solids	0.05
20444	Rice, white, long-grain, regular, raw, unenriched	0.05
11356	Potatoes, Russet, flesh and skin, baked	0.05
15057	Fish, ocean perch, Atlantic, raw	0.05
06009	Soup, beef noodle, canned, condensed	0.05
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	0.05
11868	Squash, winter, hubbard, baked, with salt	0.05
09048	Blackberries, frozen, unsweetened	0.05
15019	Fish, cod, Pacific, raw (may have been previously frozen)	0.04
11237	Kanpyo, (dried gourd strips)	0.04
04023	Salad dressing, thousand island dressing, reduced fat	0.04
02010	Spices, cinnamon, ground	0.04
09071	Cherries, sweet, canned, water pack, solids and liquids	0.04

NDB_No	Description	Riboflavin(mg) Value Per
16162	MORI-NU, Tofu, silken, firm	0.04
09138	Groundcherries, (cape-gooseberries or poha), raw	0.04
09201	Oranges, raw, California, valencias	0.04
11024	Balsam-pear (bitter gourd), pods, raw	0.04
11080	Beets, raw	0.04
11481	Squash, summer, zucchini, italian style, canned	0.04
12116	Nuts, coconut cream, canned, sweetened	0.04
15166	Mollusks, octopus, common, raw	0.04
18993	BEAR NAKED, Double Chocolate Cookies	0.04
20481	Wheat flour, white, all-purpose, unenriched	0.04
06002	Soup, black bean, canned, condensed	0.04
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	0.04
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	0.04
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	0.04
09211	Orange juice, chilled, includes from concentrate, with added calcium	0.04
11429	Radishes, raw	0.04
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	0.04
09090	Figs, canned, water pack, solids and liquids	0.04
09176	Mangos, raw	0.04
11082	Beets, canned, regular pack, solids and liquids	0.04
11647	Sweet potato, canned, syrup pack, drained solids	0.04
16009	Beans, baked, canned, with pork	0.04
09057	Boysenberries, frozen, unsweetened	0.04
11130	Carrots, frozen, unprepared	0.04
06116	Gravy, beef, canned, ready-to-serve	0.04
09218	Tangerines, (mandarin oranges), raw	0.04
11533	Tomatoes, red, ripe, canned, stewed	0.04
01001	Butter, salted	0.03
09068	Cherries, sour, red, frozen, unsweetened	0.03
09167	Loganberries, frozen	0.03
11216	Ginger root, raw	0.03
09070	Cherries, sweet, raw	0.03
11578	Vegetable juice cocktail, canned	0.03
20117	Noodles, japanese, somen, cooked	0.03
20143	Teff, cooked	0.03
05674	Chicken, skin (drumsticks and thighs), raw	0.03

NDB_No	Description	Riboflavin(mg) Value Per
11352	Potatoes, flesh and skin, raw	0.03
09112	Grapefruit, raw, pink and red, all areas	0.03
04018	Salad dressing, mayonnaise type, regular, with salt	0.03
08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	0.03
09059	Breadfruit, raw	0.03
09107	Gooseberries, raw	0.03
11122	Cardoon, raw	0.03
11128	Carrots, canned, regular pack, drained solids	0.03
11154	Chicory roots, raw	0.03
18305	Pie, blueberry, commercially prepared	0.03
07933	Chicken breast, oven-roasted, fat-free, sliced	0.03
09056	Boysenberries, canned, heavy syrup	0.03
18308	Pie, cherry, commercially prepared	0.03
09004	Apples, raw, without skin	0.03
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	0.03
11567	Turnips, frozen, cooked, boiled, drained, without salt	0.03
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	0.03
09226	Papayas, raw	0.03
11151	Chicory, witloof, raw	0.03
11282	Onions, raw	0.03
11287	Onions, frozen, chopped, unprepared	0.03
11758	Carrots, canned, no salt added, solids and liquids	0.03
09033	Apricots, dried, sulfured, stewed, without added sugar	0.03
09252	Pears, raw	0.03
20116	Noodles, japanese, somen, dry	0.03
09148	Kiwifruit, green, raw	0.02
09240	Peaches, canned, light syrup pack, solids and liquids	0.02
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	0.02
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	0.02
21416	POPEYES, Coleslaw	0.02
09357	Apricots, canned, heavy syrup, drained	0.02
11289	Onions, frozen, whole, unprepared	0.02
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	0.02
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	0.02
04585	Margarine-like, margarine-butter blend, soybean oil and butter	0.02
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	0.02

NDB_No	Description	Riboflavin(mg) Value Per
09124	Grapefruit juice, white, canned, sweetened	0.02
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	0.02
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	0.02
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	0.02
06955	Soup, cream of chicken, canned, condensed, reduced sodium	0.02
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	0.02
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	0.02
11218	Gourd, white-flowered (calabash), raw	0.02
09081	Cranberry sauce, canned, sweetened	0.02
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	0.02
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	0.02
09119	Grapefruit, sections, canned, water pack, solids and liquids	0.02
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	0.02
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	0.02
04133	Salad dressing, french, home recipe	0.02
06023	Soup, chicken with rice, canned, condensed	0.02
06045	Soup, onion, canned, condensed	0.02
06410	Soup, cream of celery, canned, prepared with equal volume water	0.02
08143	Cereals, WHEATENA, cooked with water	0.02
09118	Grapefruit, raw, white, Florida	0.02
09260	Pears, dried, sulfured, stewed, without added sugar	0.02
09263	Persimmons, japanese, raw	0.02
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	0.02
11294	Onions, sweet, raw	0.02
15028	Fish, flatfish (flounder and sole species), raw	0.02
19014	Snacks, fruit leather, rolls	0.02
20410	Noodles, egg, unenriched, cooked, without added salt	0.02
04025	Salad dressing, mayonnaise, regular	0.02
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	0.02
09237	Peaches, canned, water pack, solids and liquids	0.02
11258	Mountain yam, hawaii, raw	0.02
11367	Potatoes, boiled, cooked without skin, flesh, without salt	0.02
11833	Potatoes, boiled, cooked without skin, flesh, with salt	0.02
19227	Frostings, coconut-nut, ready-to-eat	0.02
08168	Cereals, CREAM OF RICE, cooked with water, with salt	0.02
09043	Blackberry juice, canned	0.02

NDB_No	Description	Riboflavin(mg) Value Per
09120	Grapefruit, sections, canned, juice pack, solids and liquids	0.02
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	0.02
14241	Beverages, cranberry-grape juice drink, bottled	0.02
11486	Squash, winter, butternut, cooked, baked, without salt	0.02
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	0.02
06043	Soup, cream of mushroom, canned, condensed	0.02
06749	Soup, beef and vegetables, canned, ready-to-serve	0.02
09060	Carambola, (starfruit), raw	0.02
09256	Pears, canned, light syrup pack, solids and liquids	0.02
14019	Alcoholic beverage, tequila sunrise, canned	0.02
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	0.02
20451	Rice, white, medium-grain, cooked, unenriched	0.02
09152	Lemon juice, raw	0.02
09160	Lime juice, raw	0.02
09228	Papaya, canned, heavy syrup, drained	0.02
09442	Pomegranate juice, bottled	0.02
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	0.02
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	0.02
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	0.02
14106	Alcoholic beverage, wine, table, white	0.02
14160	Alcoholic beverage, wine, table, white, Chardonnay	0.02
19906	Sweeteners, for baking, brown, contains sugar and sucralose	0.02
11259	Mountain yam, hawaii, cooked, steamed, without salt	0.01
04022	Salad dressing, russian dressing, low calorie	0.01
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	0.01
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	0.01
14534	Alcoholic beverage, liqueur, coffee, 63 proof	0.01
06456	Soup, cream of shrimp, canned, prepared with equal volume water	0.01
09014	Apples, frozen, unsweetened, unheated	0.01
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	0.01
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	0.01
14028	Beverages, Whiskey sour mix, bottled	0.01
14240	Beverages, cranberry-apricot juice drink, bottled	0.01
14530	Whiskey sour mix, bottled, with added potassium and sodium	0.01
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	0.01
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	0.01



<b>NDB_No</b>	<b>Description</b>	<b>Riboflavin(mg) Value Per</b>
19129	Syrups, table blends, pancake	0.01
09195	Olives, pickled, canned or bottled, green	0.01
14027	Alcoholic beverage, whiskey sour, canned	0.01
15032	Fish, grouper, mixed species, cooked, dry heat	0.01
19709	Puddings, tapioca, dry mix, with no added salt	0.01
14015	Alcoholic beverage, pina colada, canned	0.00
15031	Fish, grouper, mixed species, raw	0.00
20134	Rice noodles, cooked	0.00
09437	Tamarind nectar, canned	0.00
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	0.00
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	0.00
14009	Alcoholic beverage, daiquiri, canned	0.00
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	0.00
01070	Dessert topping, powdered	0.00
01072	Dessert topping, pressurized	0.00
04001	Fat, beef tallow	0.00
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	0.00
04016	Salad dressing, sesame seed dressing, regular	0.00
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	0.00
04027	Salad dressing, mayonnaise, imitation, soybean	0.00
04053	Oil, olive, salad or cooking	0.00
04058	Oil, sesame, salad or cooking	0.00
04501	Oil, cocoa butter	0.00
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	0.00
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	0.00
04546	Shortening bread, soybean (hydrogenated) and cottonseed	0.00
04582	Oil, canola	0.00
04583	Oil, mustard	0.00
04584	Oil, sunflower, high oleic (70% and over)	0.00
09193	Olives, ripe, canned (small-extra large)	0.00
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	0.00
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	0.00
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	0.00
14121	Beverages, carbonated, club soda	0.00
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	0.00
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	0.00

NDB_No	Description	Riboflavin(mg) Value Per
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	0.00
19181	Candies, YORK BITES	0.00
19187	Flan, caramel custard, dry mix	0.00
19706	Puddings, banana, dry mix, regular, with added oil	0.00
19710	Puddings, vanilla, dry mix, regular, with added oil	0.00
19918	Sweetener, herbal extract powder from Stevia leaf	0.00